Jarrow formulas, INCTM

Superior Nutrition and FormulationSM

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Dr. Elizabeth Yetley, Ph.D. F.D.A. Office of Special Nutrition, HFS-450 200 "C" St., S.W. Washington, DC 20204



Dear Dr. Yetley,

Please be advised that Jarrow Formulas, Inc. is marketing a product containing a "Structure and Function" statement on the label. According to the notification requirements set forth by the DSHEA (Dietary Supplement Health and Education Act, 1994) legislation, please be advised of the following:

Name of Product: American Whey™
Active Ingredient(s): whey protein
Claim(s): "Supports Protein Synthesis"

The following disclaimer appears on the label: This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

These claims are limited to, and a result of, what we believe to be a substantial body of scientific evidence supporting the functional role of these nutrients. A compendium of relative published research substantiating the above statement(s) is on file at the corporate office.

Respectfully submitted,

Siddharth S. Shastri, B.A., C.C.N.

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SUGGE: FED USAGE: As a deetary supplement, Ouk-Mix one level scoop (provided in container) with 4 to 6 or of ond water or juce. Take 1 to 2 servings fally falter sencise, or as directed by your qualified betail to calcidatin. For a protein rich stake or smoothe, mux of before 1 to 4 scoops of whopy with cushed ice and add juce or fruit to desired laste. When a high bioavariable Whey Active potein supplement is desired, use 1 to 3 scoops of American Whey. May also be used with cereats, yogurt or pericates to increase the protein note.

AMERICAN WHEY PROTEIN, made tresh in Wisconsin, is specially ultralishered to be low in that leaddes (only 1g) and sugars (only 6g fructose). AMERICAN WHEY PROTEIN is a rich source of beloigieshly active proteins filty core percent of the proteins through in American Whry are from BLG (Beat_actoglobulin), 20% of whey is ALB (Alphat_actsburnin), 10% immunoglobulin, 10% at BSA (Bovine serum albumin), 7% minor fractions (Bela-microglobulin, actolemonicates), prosperie, leaching and relation in the consequence and albumin, 10% and albumin and natural flavors. BSA is of particular indeest to researchers because of its elevated concentrations of glutamycysteine, a precursor to the antioxident glutathione.

AMERICAM WHEY PROTEIN supports protein synthesis because it is the richest natural source of BCAAs at [slobucini, Leucine and Visite), Important components of muscle issue. BCAAs are disolated in muscle insue in the standard components, which can cause catabolic loss of protein BCAAs suppress proteolysis which is the breakdown of muscle insue. BCAAs are important as a metabolic best of muscle involvement in the alanne cycle (a process of energy production from BCAAs). BCAAs have been known to enhance performance in moderate as well as intense exercise by importing additional or continues. Each scoop (28 gams) of AMERICAM WHEY PROTEIN provides a total of A.O. gruns of BCAAs. No other source of protein provides as much BCAAs as whey,

American WHEY Protein" Promotes Positive Nitrogen Balance High in Whey Active Protein (17 grams per serving) • High in BCAAs Low Lactose • No Added Sucrose • No Artificial Sweeteners

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NOTE: Phenylketoructes contains Phenylalanne, Use this product as a detary supplement. Do NOT use for weight reduction. This product contains no acided L-Tryptophan.

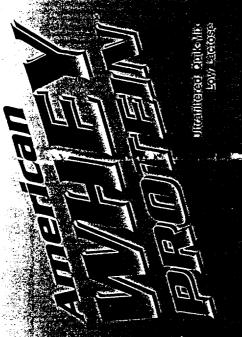
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lary supplement. Tryptophan.

Jarrow FORMULAS"

Per Serving 4g BCAAs 17g Whey Active™ Protein



Nutrition Facts Serving Size 1 heaping scoop 289

Servings per Container 32

Ingredients: Utrafiltered Whey Protein (comprigning make solder features 15% Best Lacogoboulin, 20% Alphet 4 adeubrumin, 10% immunogoboulin, 10% Bowie seum albumin and 7% mivor fractions: betanicrogoboulin, and 7% mivor fractions: betanicrogoboulin, lactoriem, lactoperoundase, yesourma, lactoperoundase, yesourma, lactoperoundase, yesourma, lactoperoundase, yesourma, lactoperoundase, yesourma, lactoperoundase, l

American WHEY Protein**

natural and artificial flavors, lecithin, guar gum

Amount Per Serving
Catories 115 Calories from Fat 18
% Daily Value*
Total Fat 2g 3%
Saturated Fat 1g 6%
Cholesterol 35mg 11%
Sodium 40mg 3%
Potassium 150mg 4%
Total Carbohydrate 7g 2%
Dietary Fiber 1g 3%
Sugars 6g
Protein 17g 35%
Vitamin A <2% • Vitamin C <2%
2alcium 14% • Iron 0%
Percent Daily Values based on a 2,000 calone diel. Your daily values may be higher
or lower depending on your calone needs:
Calories 2,000
Less than 65g
Fat Less than 20g
Cholesterol Less than 300mg 300mg
ess than 2,400mg
Total Carbohydrate 300g 375g
Calories Per Gram; Fat 9 Carbohydrate 4 Protein 4

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